



## Hoist Fitness Ride free-standing leg press (HV-LP-FSK-RLP)



The freestanding Ride leg press from HOIST® Fitness is designed to provide maximum performance in a space-saving design. The freestanding Ride Leg Press features the patented Ride Oriented Exercise technology from HOIST's renowned commercial product line, ROC-IT. This technology makes the user an integral part of the exercise by continuously adjusting their position and ensuring proper biomechanics throughout the exercise.

**CHF 3'290.00**

The innovative and unique biomechanical design of the Ride leg press results in a more natural, unrestricted and functional movement. During the exercise, the entire seat construction moves with you. This automatically leads to a healthy, efficient exercise and an excellent movement sequence with minimal stress on the joints and maximum fun during the training experience.

The **ROX (Ride-Oriented-Exercise) technology** sets the body in motion and makes the entire body part of the exercise. In contrast to conventional strength equipment, this puts minimal strain on the joints, especially the back. Freeing the body from the static exercise position leads to optimum dynamic, biomechanically correct movement. The maximum range of motion of the muscle to be trained not only leads to maximum muscle activation, but also to a natural sequence of movements. Each exercise also activates the core muscles, which compensate for the shift in the center of gravity.

### **Features:**

- features Ride Oriented Exercise (ROX) technology (the same commercial quality technology as HOIST's renowned ROC-IT products), which allows the seat to adapt to the user's position during exercise, ensuring optimal biomechanics and a greater range of motion
- the back pad with horizontal adjustment option allows easy adaptation to different leg lengths
- oversized footplate with diamond pattern
- multiple positions for leg press and calf raise exercises
- 95kg weight magazine (in 6.75kg plates) - thanks to ROC-IT technology, 75% of the weight is pressed effectively

**The Shark  
Fitness Company**



**Shark Fitness AG**  
Stores in Wettingen (ZH)  
and Wil (SG)

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Use: home to light institutional use, payload 136kg

Equipment dimensions: L186 (resting position) - 223 (full extension) x W131 x H138cm, weight 243kg

Frame colors: Platinum

Upholstery colors: black

Warranty: 2 years on labor and spare parts (excluding consumables such as pads, ropes)